

Supplementary Table 1. Characteristics and results of included studies

First author, year	Study design	Dataset	Country	Pension system	Study period and years of follow-up	Sample size and gender	Other specification(s) regarding the study sample (if applicable)	Adjusted for demographics (gender, age, and SEP)	Adjusted or stratified for health status at baseline (definition health status)	Authors conclusion (-, ±, or +) / hazard ratio of mortality [95% confidence interval]
<b>Early retirement (versus working until retirement):</b>										
Akinwalé, 2011 (34)	Cohort study	Office for National Statistics Longitudinal Study (ONS-LS)	The United Kingdom	Statutory retirement age at 60 years for women and 65 years for men.	1971-2006 4 years	162073 men and 186090 women	n.a.	No	No	Men: 1.45 [1.34, 1.57] Women: 1.97 [1.69, 2.31]
Baker, 1982 (26)	Cohort study	Continuou s Work History Sample (CWHS)	United States	Social security retired-worker benefits at age 62	1962-1978 13 years	64382 men and women	n.a.	No	Yes (Disability recipients)	-
Bloemen, 2017 (45)	Cohort study with an instrumental variable approach	Statistics Netherlands	The Netherlands	Statutory retirement age at 65 years. Early retirement possible at age 55.	2000-2005 5 years	133000 men	n.a.	Year of birth, wage income and education	Yes (Hospitalization)	-
Brockmann, 2009 (31)	Cohort study	Members of the Gmünder	Germany	No information available	1990-2004 15 years	88399 men and 41276 women	n.a.	Age, and socioeconomic status	Yes (Hospitalization)	Men: 0.95 [0.90, 1.01] Women: 0.75 [0.63, 0.89]

		Ersatzkasse (GEK)								
Coe, 2008 (51)	Cohort study with an instrumental variable approach	Health and Retirement Study (HRS)	United States	Early retirement windows; enhanced retirements benefits for early retirement (younger than 62 years) offered by employers to employees	1992-2004 2 years	3657 men	Blue collar and white collar workers	Age, education, and wealth	Yes (Self-reported health status)	o
Gopi Shah, 2015 (40)	Cohort study	Health and Retirement Study (HRS)	United States	Social security benefit at age 62 years (not mandatory, but an eligibility condition; by delaying you get more benefit), and full retirement age at 66 years.	1991-2011 10 years	4362 observations for men and women together	n.a.	Gender, age, education and wealth	No	+
Hagen, 2018 (46)	Cohort study with an instrumental variable approach	Statistics Sweden and the Longitudinal Database on Education Income and Employment	Sweden	Statutory retirement age at 65 years: reform that raised the normal retirement age from 63 to 65	2001-2010 7 years	1333026 observations for women	n.a.	Age and years of schooling/income	Yes (Sickness absence and hospitalization)	o

		ent (LOUISE).								
Hallberg , 2015 (41)	Cohort study with an instrum ental variable approac h	Statistics Sweden	Sweden	Statutory retirement age at 65 year, but early retirement at age 55 years for military officers.	1961-2010 15 years	283208 observation s no information available on gender	Military officers compared to other central governme nt employee s	Income and education	No	0.74 [0.59, 0.93]
Haynes, 1978 (28)	Case- control study	Data from the Akron, Ohio plants of two US rubber tire companie s	United States	Statutory retirement age at 65 years. Early retirement between 62 and 64 years old.	1964-1973 5 years	3971 men	Male blue- collar workers, i.e., hourly (factory) employee s	No	No	+
Hernaes , 2013 (37)	Cohort study with an instrum ental variable approac h	Statistics Norway	Norway	Statutory retirement age at 67 years. Between 1989- 1998, Norway introduced an early retirement scheme for some employers.	1992-2010 10 years	148643 observation s for men and women together	n.a.	Gender, age, educational level, and earnings	Yes (Not clear how this has been defined)	o

Kalwij, 2013 (38)	Cohort study	Income panel study and Statistics Netherlands	The Netherlands	Statutory retirement age at 65 years.	1989-2011 14 years	6395 men and 6644 women	n.a.	Age and income	No	0
Litwin, 2007 (52)	Cohort study	Israeli national household survey and Israeli Death Registry	Israel	Eligibility for retirement pensions begins at 60 years for women and 65 years for men. Early retirement at ages 50-64 years for men and at ages 50-59 for women	1997-2004 7 years	1443 men and 931 women	n.a.	Gender, age, education and income	Yes (Diagnosed illness)	0.93 [0.75, 1.16]
Morris, 1994 (53)	Cohort study	British Regional Heart Study	The United Kingdom	No information available	1978-1990 7 years	6191 men	n.a.	Age and social class (based on longest held occupation)	Yes (Pre-existing disease)	1.86 [1.33, 2.59]
Myers, 1954 (27)	Cohort study	The Civil Service Retirement System (CSR)	United States	Statutory retirement age at 65 years	1950-1952 2 years	About 1.7 million men and women	Population from the Civil Service Retirement System	No	No	-

Quaade, 2002 (29)	Cohort study	Statistics Denmark	Denmark	Statutory retirement age at 67, and early retirement benefit (Efterlon) at age range 60-66 years.	1987-1996 10 years	241634 men and 254898 women	n.a.	No	No	+
Tsai, 2005 (54)	Cohort study	Shell Oil's health surveillance system	United States	No information available	1973-2003 31 years	26781 men and women	Past employees of Shell Oil	Gender, calendar year and employment grade	No	1.36 [1.08, 1.72]
Waldron, 2001 (55)	Cohort study	Current Population Survey (CPS)	United States	Social security retired-worker benefits from age 62.	1973-1998 26 years	10938 men	n.a.	Age and education	Yes (Disability recipients)	1.22 [1.17, 1.27]
Wolfe, 1983 (56)	Cohort study	Social Security's Continuous Work History Sample (CWSH)	United States	Social security retired-worker benefits at age 62.	1963-1977 14 years	No information available on sample size men	n.a.	Age and lifetime earnings	Yes (Disability recipients)	o
<b>On-time retirement (versus working beyond retirement):</b>										
Akinwal, 2011 (34)	Cohort study	Office for National Statistics Longitudinal Study (ONS-LS)	The United Kingdom	Statutory retirement age at 60 years for women and 65 years for men.	1971-2006 4 years	162073 men and 186090 women	n.a.	No	No	Men: 1.51 [1.42, 1.60] Women: 1.62 [1.47, 1.78]

Arrich, 2005 (57)	Cohort study	Hospital-based, stroke registry	Austria	Statutory retirement age at 60 years for women and 65 years for men.	1998-2002 4 years	2606 men and women	Stroke patients	Gender, age and SEP (based on levels of education, occupation, occupational status, and income).	No	1.45 [0.79, 2.66]
Carlsson, 2012 (35)	Cohort study	Nation-wide data base called LISA.	Sweden	Statutory retirement age at 61 years	1991-2007 18 years	101404 men and 63776 women	n.a.	No	Yes (History of inpatient care and sickness absence)	Men: 1.05 [0.97, 1.14] Women: 1.21 [1.08, 1.36]
Yasuda, 1998 (58)	Cohort study	Kochi prefectural government	Japan	Statutory retirement age at 60.	1977-1996 10 years	1235 men	n.a.	No	No	7.39 [1.60, 34.08]
Other comparisons										
Anderson, 1985 (59)	Cohort study with an instrumental variable approach	Retirement History Survey (RHS)	United States	Unexpected change in mandatory retirement rules – mandatory retirement rule dependent on current job	1969-1979 10 years	2985 men	n.a.	Education, occupation and wealth	No	Having a mandatory retirement rule at work: +
Bamia, 2008 (60)	Cohort study	European Prospective Investigation into Cancer	Greece	Statutory retirement age at 65 years.	1994-2006 12 years	16827 men and women	n.a.	Gender, age and education	Yes (Self-reported medical diagnosis)	A decrease in retirement age (versus continued work participation/working

		and Nutrition (EPIC) study								beyond retirement): 1.12 [1.05, 1.18]
Tyhurst, 1957 (61)	Cohort study	Company records from pensioners in a large communications industry	Canada	Retirement program where employees can retire between 60 and 70 years	1917-1954 25 years	898 men	Pensioners in a large communications industry	No	No	A decrease in retirement age versus continued work participation/working beyond retirement): o
Wu, 2016 (44)	Cohort study	Health and Retirement study (HRS)	Unites States	The age eligibility for claiming full retirement benefits has been gradually increased from 65 to 67 years, and benefits available at age 62 years have been reduced.	1992-2010 8 years	967 men and 967 women	n.a.	Gender, birth cohort, education and wealth	Yes (Self-rated health, disability and medical history)	A decrease in retirement age (versus still working/working beyond retirement): 1.13 [1.08, 1.17]

+ = Higher risk of mortality, - = Lower risk of mortality, o = No association,

